

National School Lunch Week Aims to Get Kids Excited About Healthy Choices!

National School Lunch Week is scheduled for October-14-18 and is an observance to celebrate the benefits of healthy school lunches! The National School Lunch Program has been serving the nation's children for over 60 years!!

During this week consider inviting parents to school lunch or hold a special "Take Your Parent to School Day." This opportunity would allow parents to enjoy lunch with their children and learn firsthand about the healthy meals schools serve each day!

Additional Ideas Include (Resources can be found at the school meals webpage:

<http://schoolmeals.educateiowa.gov>):

- Have local celebrities take part in serving the meals (principal, mayor, high school athletes/cheerleaders, etc.).
- Have a school lunch-themed coloring contest. Use the template located at the school meals webpage.
- Work with the principal to create their favorite school lunch menu and titled it, "Principal's Picks!"
- Provide stickers to students as they go through the school lunch line that presents the opportunity for them to talk about school lunch when someone asks them about the sticker.
- Ask teachers to talk about school lunch in the classrooms. There is a lesson for elementary students and a student debate guide for high school students on the school meals webpage.
- Inform parents about your plans are for the week and ways they can support the school meal program. Use templates located on the school meal webpage to get started! A sample is attached.
- Each day of the week have students read morning announcements that include fun facts about your school lunch program.
- Introduce yourself! Submit a feature in the school newsletter about yourself! Check out the "Foodservice Director Feature Article Template" located on the school meals webpage.

If you would like additional copies of the printed materials that were sent in August to send home to parents in backpacks please send an e-mail to Carrie for the quantity needed.

Team Nutrition is also offering \$500 sub-grant awards to schools that can be utilized during parent events (family nights, parent teacher conference, open houses, etc.) to sample menu items that are served as part of the school lunch program. For an application, please contact Carrie. The deadline to apply is Friday, October 11th.

For more information contact Carrie Scheidel at carrie.scheidel@iowa.gov.

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